



Winter Health, Fitness and Aquatics Schedule 2021
 YMCA of Pictou County | January 4 - March 14, 2021
 2756 Westville Rd. Westville | www.pymca.ca | 902-752-0202

Time	Monday					Tuesday					Wednesday				
	Gym	Multipurpose	Youth Rm	Small Pool	Large Pool	Gym	Multipurpose	Youth Rm	Small Pool	Large Pool	Gym	Multipurpose	Youth Rm	Small Pool	Large Pool
6 am															
6:30 am	Open Gym 530-8:30 Book on App			Open Exercise 6-8:50 (18+) Book on App	Lane Swim 6-8:50 Book on App	Morning Circuit 550-645 Book on App			Open Exercise 6-8:50am(18+) Book on App	Lane Swim 6-8:50 Book on App	Open Gym 5-8:45 Book on App			Open Exercise 6-8:50am(18+) Book on App	Lane Swim 6-8:50 Book on App
7 am															
7:30 am															
8 am															
8:30 am															
9 am	Strong (12+) 9- 9:45 Book on App			Open Exercise 9-9:45 Book on App	Aqua Fit 9-9:45 Book on App	Vinyasa Yoga 9 - 9:50 Book on App	Cycle Fit 9-10 Book on App		Open Exercise 9-9:45 Book on App	Aquafit Tether 9-9:45 Book on App	Group Power 9-10am Book on App			Open Exercise 9-9:45 Book on App	Aqua Fit 9-9:45 Book on App
9:30 am															
10 am	Fit for Life 10-10:50 Book on App	Balance 10-10:45 Book on App		Parent & Tot 10-10:50 Book in App	Lane Swim 10-10:50 Book in App	Chair Yoga 10-10:50 Book on App			Parent & tot 10-10:50 Book on App	Lane Swim 10 - 11 Book on App	Fit for Life 10:10-10:55 Book on App			Parent & Tot 10-10:50 Book on App	Lane Swim 10-10:50 Book on App
10:30 am															
11 am	PickleBall 11 - 1pm Book on App			Aqua Arthritis + 11:00-11:45 Book on App	Lane Swim 11-12 Book on App	Tai Chi 11-12 Book on App			Aqua Arthritis 11:00-11:45 Book on App	Lane Swim 11 - 12 Book on App	Pickleball 11 - 1 Book on App			Aqua Arthritis + 11:00-11:45 Book on App	Lane Swim 11 - 12 (18+) Book on App
11:30 am															
12 pm															
12:30 pm				Open Exercise 12-1:30(18+) Book on App	Lane Swim 12 - 1:30 Book on App	Open Gym 12-2 Book on App	Cycle Fit 12:10-12:50 Book on App		Senior/Adult Swim 12:00-1:30 Book on App	Lane Swim 12-1:30 Book on App				Open Exercise 12-1:30(18+) Book on App	Lane Swim 12 - 1:30 Book on App
1 pm	Open Gym 1-2 Book on App														
1:30 pm															
2 pm	Closed Child Care 2-3														
2:30 pm															
3 pm	Open Gym 3-6:15 Book on App														
3:30 pm				Family Swim 3:30-4 Book on App	Lane Swim 3:30-4 Book on App	Open Gym 3-4:45 Book on App			Family Swim 3:30-4 Book on App	Lane Swim 3:30-4 Book on App	Open Basketball Youth 3-5:30 Book on App				
4 pm															
4:30 pm															
5 pm															
5:30 pm		Beginner Cycle Fit 5:30-6:15 Book on App				Karate Beginner 5-5:40 (5+y)	Cycle Fit 5:30-6:30 Book on App								
6 pm															
6:30 pm	Group Power 6:30-7:30 Book on App			Lessons 6:30-7	Lane Swim 6:30-7:30 Book on App	Pickleball 6:30-7:50 Book on App	Barre 6:45-7:30 Book on App		Lessons 6:30-7	Aqua Fit 6:30-7:15 Book on App		Cycle Fit 5:30-6:30 Book on App			Tri Club 6-7 no lanes avail- able
7 pm	Open Gym 7 :30- 7:50 pm Book on App			Family Swim 7-730 Book on App					Family Swim 7-7:30 Book on App	Lane Swim 7-7:30 Book on App	PCA 6:50-7:50pm				Lane Swim 7-7:30 pm
7:30 pm															

What do the colours mean?

Low-impact	Mid-impact	High-impact	Rental	Registered members	Registered program with	Youth program see	Non-instructed
------------	------------	-------------	--------	--------------------	-------------------------	-------------------	----------------

Hours of Operation -

Monday - Friday 5:30am - 8pm | Pool 6am - 7:30pm
 Saturday and Sunday 7am - 5 pm

Sanitation Break

	Thursday				Friday				Saturday				Sunday						
	Gym	Multipurpose	Youth Rm	Small Pool	Large Pool	Gym	Multipurpose	Small Pool	Large Pool	Gym	Multipurpose	Small Pool	Large Pool	Gym	Multipurpose	Small Pool	Large Pool		
6 am	Group Power 5:50-6:45am Book on App			Open Exercise 6-9:50 (18+) Book on App	Lane Swim 6-9:50 Book on App	Open Gym 5:30-8:30am Book on App		Open Exercise 6-9:50 Book on App	Lane Swim 6-9 Book on App	Open Gym 7-8:45 Book on App		Aquatic Centre Opens at 7 am		Adult Basketball 7-9:30		Aquatic Centre Opens at 7 am			
6:30 am												Open Exercise 7-8am Book on App							
7 am	Pickleball 8-9:30 Book on App																		
7:30 am												Cycle Fit 9-9:40 Book on App							
8 am	Barre 9:45-10:30 Book on App	Balance 10-10:45 Book on App																	
8:30 am												Tai Chi 11-12 Book on App							
9 am	Open Exercise 12-1 Book on App	Cycle Fit 12:10-12:50 Book on App																	
9:30 am												Open Exercise 12-1:30(18+) Book on App							
10 am	Closed Childcare 2-3																		
10:30 am												Open Basketball 3-4:45 Book on App							
11 am	Karate Beginner 5-5:40 (5+y)																		
11:30 am												Karate Advanced 5:45-6:30 (5+y)	Cycle Fit 5:30-6:30 Book on App						
12 pm	Yoga 6:45-7:45 Book on App																		
12:30 pm												Pickleball 6:30-7:50 Book on App							
1 pm	Tri Club 6:00-7:00 (no lanes avail- able)																		
1:30 pm												Lane Swim 7-7:30 Book on App							
2 pm	Autism Society Rental 4:30-7																		
2:30 pm												Cycle Fit 6:00-7:00 Book in App							
3 pm	Family Swim 3:30-7:30 Book on App																		
3:30 pm												Open Gym 1-2 Book on App							
4 pm	Pool, Closed 1:30-3:30																		
4:30 pm												Family Swim 3:30-4:30 Book on App	Lane Swim 3:30-6 Book on App						
5 pm	Family Swim 3:30-4:30 Book on App	Lane Swim 3-4:30pm Book on App																	
5:30 pm												Rental 2-3 If no rental Open Exercise	Lane Swim 2-3 Book on App						
6 pm	Rental If no rental open gym 3-4																		
6:30 pm												Open Gym 4-5							
7 pm	Family Swim 3-4:30 Book on App	Lane Swim 3-4:30pm Book on App																	
7:30 pm												Pool closes at 4:30 pm							
8 pm	Pool closes at 4:30 pm																		
												Centre closes at 5pm				Children's Programs - mornings in Child Minding			
	The schedule is subject to change. Everyone 16+ requires to sign in with photo I.D. at Membership Services.																		
	Childminding 8:30 a.m. to 12: p.m. (Monday to Saturday) and 4:00 p.m. to 7:30 p.m. (Monday - Thursday) must be booked 24 hrs in advance To book childminding email: childmindingYmca@gmail.com Public Swims - Children must be over 8 years old to attend this swim without an adult. Youth 12+ are welcome to attend all fitness classes unless specified. Hours of Operation - Monday - Friday 5:30 a.m. to 8 p.m. Saturday and Sunday 7 a.m. to 5 p.m. Published Dec 2020																		
	Pool Closes at 7:30 pm				Centre closes at 8 pm														